

## **Health Benefits of Eating Rice**

Rice has various health benefits that not many are aware of. Apart from being an instant energy provider, it also helps regulate cholesterol, stabilize blood sugar levels, and keep your heart healthy. Other minor benefits include reversing aging process, keeping skin supple and healthy, increasing metabolism, and improving the immunity system.

Here is a list of various health benefits that you can obtain from eating rice:

### **POWERHOUSE OF ENERGY:**

Since rice is a rich source of complex carbohydrates, it acts as an efficient energy provider. The complex carbohydrates present in rice could break down into smaller compounds and provide energy and essential nutrients to our body to keep it healthy and fit. Other essential nutrients present in rice such as vitamins, minerals, and various organic compounds enhance the metabolism and increase the activity of every organ system, increasing your overall energy levels.

### **CHOLESTEROL FREE:**

Consuming rice can be considerably beneficial for your health and physique, as it does not contain the harmful fats, sodium, and cholesterol that could harm your heart. Rice, an integral part of a balanced diet, provides us the essential nutrients without having a negative impact on our health. Rice contains considerably lower levels of fat, cholesterol, and sodium as compared to other food sources which can help reduce obesity and other lifestyle conditions that are associated with being overweight.

### **BLOOD PRESSURE REGULATION:**

Rice contains a low level of sodium in comparison with other food sources that can have a positive effect on patients suffering from high blood pressure and hypertension. Regular intake of rice can cause constriction of expanded veins and arteries that can decrease the stress on the cardiovascular system considerably. It can also decrease your chances of getting heart conditions like atherosclerosis, heart failure, stroke, myocardial infarction, so eating rice is always a good idea.

### **PREVENTS CANCER:**

According to Mayo Clinic, Brown rice, a part of whole grain rice, is fortified with insoluble fiber that can keep you safe from various kinds of cancer and malignant growth. These fibers are essential for protecting our body against the formation of dangerous cancerous cells and inhibit their growth before they spread. Rice also contains various natural antioxidants like Vitamin A, Vitamin C, Flavonoids, and Phenolic Acid that can reduce the harmful free radicals, dangerous byproducts of biological reactions taking place in our body.

### **KEEPING HEART HEALTHY:**

According to the American Heart Association, rice has various essential antioxidants that promote cardiovascular health and reduce our chances of getting heart conditions. Rice bran oil has wonderful antioxidant properties that strengthen your heart and make you physically more active. Similarly, wild rice and brown rice varieties are fortified with husk grain which is rich in essential nutrients that help keep your heart healthy.

Rice can keep your heart healthy, metabolism running, and physique fit. Hence, we can conclude that eating rice regularly, in moderation, can provide you with various health benefits.

### **Reference:**

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